



CapeAtlanticInterGroup
 Post Office Box 905
 3153 Fire Road
 Egg Harbor Twp, NJ 08234
 (609) 641-8855



Pass It On

The Cape Atlantic Intergroup Newsletter

May-June, 2013 – Issue 3

February 1996 AA Grapevine

Emmet Fox and Alcoholics Anonymous

By Igor S., Hartford, Conn.



One of the very early recovering alcoholics who worked with co-founder Bill W. was a man named Al, whose mother was secretary to Emmet Fox, a popular lecturer on New Thought philosophy. When the early groups were meeting in New York, members would frequently adjourn after a meeting and go to Steinway Hall to listen to Fox's lecture. To this day there are AA groups that distribute Fox's pamphlets along with Conference-approved AA literature.

An account sets forth in "Dr. Bob and the Good Oldtimers" tells of the influence of Emmet Fox and his classic work, "Sermon on the Mount." An AA old-timer recollected: "The first thing he (Dr. Bob) did was to get Emmet Fox's 'Sermon on the Mount'... Once when I was working on a woman in Cleveland, I called and asked him what to do for someone who is going into DT's. He told me to give her the medication and he said, 'When she comes out of it and she decides she wants to be a different woman, get her Drummond's 'The Greatest Thing in the World.'"

cont'd on page 2

Local Voices... from the heart

Carrying the Message

What can I do to help my group support Tradition Five... "Each group has but one primary purpose – to carry its message to the alcoholic who still suffers."

Recently, I approached an unfamiliar woman after a meeting at my home group. While we spoke, I learned that she was from a town quite a distance away. I mentioned that there was a great meeting right in her town on another night. Although she had seen it listed online, she didn't think she could go because it was marked "closed".

whether I would go in or not. I wanted to see who these alcoholics were. The next thought was, what can I do to make it easier for newcomers to make that positive move, and attend his or her first meeting?

Make my meeting easy to find.

Instead of relying on the haze of cigarette smoke to let folks know there's an AA meeting, I could make sure the group has a sign and that it is used. I've gone to several locations listed and wandered around

cont'd on page 2

Trivia Question...

Where was the first public meeting of Alcoholics Anonymous in New Jersey?

Answer on page 2!

- A b s e c o n • A v a l o n
- A t l a n t i c C i t y • B a r n e g a t
- B a r n e g a t L i g h t • B e a c h H a v e n
- B r a n t B e a c h • B r i g a n t i n e
- C a p e M a y • C a p e M a y C . H .
- C a p e M a y P o i n t • D e n n i s v i l l e
- E g g H a r b o r C i t y
- E g g H a r b o r T w p
- G a l l o w a y • L i n w o o d
- L i t t l e E g g H a r b o r T w p
- M a n a h a w k i n • M a r g a t e
- M a r m o r a • M a y s L a n d i n g
- N e w G r e t n a • N o . W i l d w o o d
- N o r t h f i e l d • O c e a n C i t y
- P a l e r m o • P l e a s a n t v i l l e
- P o m o n a • R i o G r a n d e
- S e a I s l e C i t y • S h i p B o t t o m
- S o m e r s P o i n t • S t o n e H a r b o r
- S u r f C i t y • T o w n b a n k
- T u c k e r t o n • V e n t n o r
- V i l l a s • W a r e t o w n
- W e s t C a p e M a y • W e s t C r e e k
- W i l d w o o d • W o o d b i n e

Emmet Fox... *cont'd from page 1*

Tell her to read it through every day for thirty days and she'll be a different woman.' Those were the three main books at the time; that and 'The Upper Room' and 'The Sermon on the Mount.'"

Perhaps the fundamental contribution of Emmet Fox to Alcoholics Anonymous was the simplicity and power of "The Sermon on the Mount." This book sets forth the basic principles of the New Thought philosophy that "God is the only power, and that evil is insubstantial; that we form our own destiny by our thoughts and our beliefs; that conditions do not matter when we pray; that time and space and matter are human illusions; that there is a solution to every problem; that man is the child of God, and God is perfect good."

Central to New Thought philosophy was the perspective which saw that love and personal forgiveness were the keys to fundamental transformation: "Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It casts out fear. It is the fulfilling of the Law. It covers a multitude of sins. Love is absolutely invincible."

Fox went on to say that forgiveness was an integral part of the Pathway of Love, "which is open to everyone in all circumstances, and upon which you may step at any moment - at this moment if you like - requires no formal introduction, has no conditions whatever. It calls for no expensive laboratory in which to work, because your own daily life, and your ordinary daily surroundings are your laboratory. It needs no reference library, no professional training, no external apparatus of any kind. All it does need is that you should begin steadfastly to expel from your mentality every thought of personal condemnation (you must condemn a wrong action, but not the actor), of resentment for old injuries,

and of everything which is contrary to the law of Love. You must not allow yourself to hate either person, or group, or nation, or anything whatever.

"You must build-up by faithful daily exercise the true Love-consciousness, and then all the rest of spiritual development will follow upon that. Love will heal you. Love will illumine you."

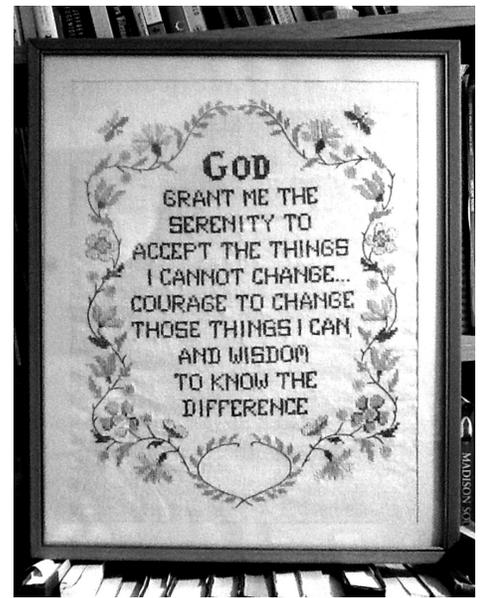
One of the cornerstones of Fox's philosophy was to live but one day at a time, to be responsible for one's own thoughts and to clear up resentments, just as AA was to teach that "resentments are our number one cause of slips." For Fox, one of the most important rules for growth was to live in the present: "Live in today, and do not allow yourself to live in the past under any pretense. Living the past means thinking about the past, rehearsing past events, especially if you do this with feeling...train yourself to be a man or woman who lives one day at a time. You'll be surprised how rapidly conditions will change for the better when you approach this ideal."

Emmet Fox emphasized the idea that thoughts are real things, and that one cannot have one kind of mind and another kind of life. According to Fox, if we want to change our lives, then we must change our thoughts first. Many of his simply stated profundities have contributed to an AA philosophy that has transformed the lives of literally millions of recovering alcoholics.

Answer to the Trivia Question...

South Orange, NJ

On October 22, 1939 the first ever public meeting of Alcoholics Anonymous in New Jersey was held at the South Orange Community Center. A newcomer with just five months of sobriety, Gordon MacDougall, along with Herb Debevoise had arranged the public meeting space to accommodate the growing New Jersey Group who now had between twenty-five and thirty members attending its meetings. This meeting was held on Sunday evening at 5:30 PM and marked the start of regular Sunday night meetings held at the Community Center. It was this group, then known as the New Jersey Group, that would become the "mother group" for all of New Jersey. Later this group would be known as the South Orange Sunday Night Group.



Carrying... *cont'd from page 1*

in the dark, trying locked doors to no avail. It doesn't have to go as far as one North Jersey group I know, with a 3' high wooden sign illuminated by Christmas lights. A simple sign hung on the doorknob will point the way.

Be a greeter.

If I see someone I don't recognize, I can ask if he or she is new to the program, or new to the area. Some are hesitant to raise their hands during the meeting, and if this is the case a meeting list can be passed on their behalf.

I've been to meetings where I was positively ignored. And... I've been to meetings where only members of the opposite sex spoke to me. I think also sometimes I tend to get comfortable, sit in the same familiar spot with friends, and forget (however briefly) how scary and lonely that very first meeting can be.

Conversely, the opposite can be distressing also. Constant reference to the newcomer while sharing puts him or her on the spot. I once witnessed someone share directly at a newcomer for a full five minutes... as the poor gentleman was attempting to head to the bathroom!

Help with the basics.

Some groups offer basic, conference-approved literature to newcomers. Perhaps I could suggest at our next group conscience that we set up a fund to offer big

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.



Meet My Home Group

Name	New Gretna Beginner's Group
Meeting Location	Route 9, New Gretna, NJ
Meeting Day/Time	Thursday 8:00 p.m.
Format	Beginner Discussion
Years in existence	24
What's so great about it?	The decades of Sobriety! Because it's a "beginner" group, lots of old-timers come to share their experience, strength and hope. And, as anyone who's been there will tell you... Barb's brownies and other goodies!
Introduce us to your home group! Send picture (no people, of course) and information to: newsletter@caigrp.org	

Carrying...

cont'd from page 2

books or another piece of beginner literature. Several months into my sobriety, I attended my first Living Sober-based literature meeting. I was amazed! Finally... an instruction book for AA! Although no book can replace the advice of a good sponsor, this one helped me immensely.

And lastly, after the meeting... ask them to come back!

At my first meeting, I ended up going in because I saw a neighbor... and then another. A long-timer saw me speaking with them, and because they were of the opposite sex went and got me someone more "suitable" to talk to. She introduced me to some of her friends, sat with me through the meeting, and handed me tissues while I cried. Afterwards, we spoke for a while and then she asked me the most important question: what time she could pick me up for the meeting the following night.

You know, I don't think I ever thanked her for that. I'm going to do that right now. And I'll try to do what she did for me the at the next opportunity.



Mr. SponsorPants

an AA sponsor blog

Things I learned (or was reminded of) this week. An ongoing series.

AA does not suggest I am kind to the unkind, or honest to people who lie to me, or any variation of "practicing these principles in all our affairs" so that I am a good person, or for any inherently moral reason. AA makes that suggestion because when I am not soaking my brain in consciousness numbing chemicals I cannot live comfortably in my skin when I indulge in sick or fear-based behaviors. To put it more simply, my head gets really noisy when I lie and act like an ass to people, even when they (seem to) deserve it. And then putting energy into not having a noisy head by saying to myself "I don't care" when in fact, I do (and if I didn't I wouldn't have to spend energy convincing myself that I don't) -- is stupid and exhausting and ultimately is harder to live with than just working at being kind and honest to begin with.

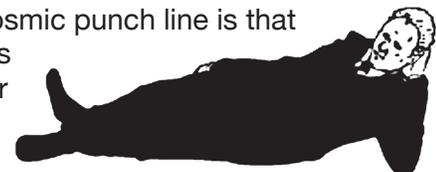
There is simply no substitute for the "unshakable foundation" that writing, prayer and meditation provide.

Time sober is not a tool for remaining sober. The best analogy for that is the realization that I can't build muscle today on last month's weight lifting. Working out diligently over time will change your body, yes. But if you stop working out then the results of all you did in the past will likely, eventually fade. The same is true of the spiritual transformation engendered by maintaining physical sobriety and working the 12 Steps. The quality of my recovery today is based on what I do today. Not on what I did last month or twenty years ago.

For many of us, we instantly believe whatever negative thing anyone says about us is true.

And for many of us, no one says anything half as mean or negative to us as we do to ourselves.

I cannot think or feel my way into healthy actions. It is by taking healthy actions that I change for the better how I think and feel. And so it follows, to develop self esteem one must do self esteeming things. Ironically, most alcoholics at first believe this means we need to be nicer to ourselves. The great cosmic punch line is that what it actually means is that we need to be nicer to others.



Reprinted with permission...

see more Mr. SponsorPants at <http://mrsponsorpants.typepad.com>

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3153 Fire Road

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(609) 641-8855

Our office is volunteer-staffed;
please call first!

Panel members and e-mails:

Chairperson: Bill T.

chairperson@caigrp.org

Vice Chair: John H.

vicechair@caigrp.org

Recording Secretary: Kate F.

recordingsec@caigrp.org

Corresponding Secretary: Jen R.

correspondingsec@caigrp.org

Treasurer: P.J. W.

treasurer@caigrp.org

Assistant Treasurer: Clyde

assistanttreasurer@caigrp.org

Trustee: Doug G.

trustee@caigrp.org

Bookers: vacant

bookers@caigrp.org

Budget & Finance: Ellie L.

caigbudget@caigrp.org

Hospitality: Sally H.

hospitality@caigrp.org

Hospitals & Institutions: Rick C.

hichair@caigrp.org

Literature: Steve G.

literature@caigrp.org

Newsletter: Nancy O.

newsletter@caigrp.org

Office/Archives Coordinator: Jim B.

officemgr@caigrp.org

Phone Coordinator: Beth R.

caigphone@caigrp.org

Policy & Structure: vacant

policycommittee@caigrp.org

P.I./C.P.C.: Vinnie K.

pichair@caigrp.org

Round-up: Robbie W.

roundup@caigrp.org

Unity Chairperson: Cris K.

unitychair@caigrp.org

Website: Eric

webchair@caigrp.org

Young In Recovery: vacant

younginrecovery@caigrp.org

Visit our website: www.caigrp.org for
committee meeting times or to contact
a committee chairperson.

UPCOMING EVENTS

Flyers for most events may be downloaded at caigrp.org

If you have an event that you would like to appear in *Pass It On*, please forward it to newsletter@caigrp.org. Remember, because our publication is bi-monthly, announcements should be made well in advance.

Sunday
May 26th
7 p.m. -
11:30 p.m.

2013 Memorial Day Dance

Absecon United Methodist Church, 100 Pitney Rd., Absecon
Speaker 6:30 p.m.

Monday
May 27th
8 a.m. - 8 p.m.

Atlantic City Young People's

Memorial Day Marathon Meetings

2125 N. Riverside Avenue, Venice Park

Monday
May 27th
12:00 p.m.

Eye Opener Group

Memorial Day Speaker/Eating Meeting

Speaker: John H., with 20 years sobriety

Saturday
June 22nd
7:00 p.m.

South Shore Group's 31st Anniversary

United Methodist Church, Doran Ave & Bethel Road

Somers Point, NJ

Doors open at 7, with cake, coffee & fellowship

Speaker Ernie P. from Woodbury, NJ at 8:00 p.m.

Fri., Sat. & Sun.
November 8th,
9th & 10th

7th Annual Cape Atlantic Intergroup

Waves of Sobriety Roundup

The Grand, 1045 Beach Avenue, Cape May, NJ

go to www.WavesRoundup.com for more information

GET READY FOR THE NEW SUMMER MEETING LIST !!

Please send your UPDATED
MEETING INFORMATION to
DEBBIE & ELLIE via
CAIGRP.ORG (click the
meetingchange@caigrp.org link).

Please include your name and
contact number so we can get in
touch if we have any questions.

Thanks!!

**"COURAGE DOESN'T
ALWAYS ROAR.
SOMETIMES
COURAGE
IS THE QUIET
VOICE AT THE
END OF THE
DAY SAYING,
'I WILL TRY AGAIN
TOMORROW.'"**

- Mary Anne Radmacher

Service Opportunities

24 HR. Hotline Help

Volunteer from home
(minimum one year
continuous sobriety) or
at the office (six months).
Two-hour slots. Subs are
always needed. Contact
Beth R. at caigphone@caigrp.org

Newsletter

Send new events, articles
and your favorite meeting
quotes to Nancy O. 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 Devon
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 Vinnie at
pichair@caigrp.org if you
are interested in helping.