



Absecon
Avalon
Atlantic City
Barnegat
Barnegat Light
Beach Haven
Brant Beach
Brigantine
Cape May
Cape May C. H.
Cape May Point
Dennisville
Egg Harbor City
Egg Harbor Twp.
Galloway
Linwood
Manahawkin
Margate
Marmora
Mays Landing
New Gretna
North Wildwood
Northfield
Ocean City
Palermo
Pleasantville
Pomona
Rio Grande
Sea Isle City
Ship Bottom
Somers Point
Stone Harbor
Surf City
Townbank
Tuckerton
Ventnor
Villas
Waretown
West Cape May
West Creek
Wildwood
Woodbine

SPONSORSHIP

"I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible". Able to respond, to care to offer my experience, strength and hope to those who need and want it... to give freely what was given to me. That's the basic promise. Putting those ideals into practice requires some understanding of my own sobriety and recovery, what was helpful and hopeful for me. In rehab I was told to listen to women sharing in meetings and ask the person whose sobriety I admired to be my sponsor. I think I chose her because she listened to me, which taught me to listen to learn and learn to listen. She treated me with respect as a newcomer and encouraged me to do some service, she signed me up as the secretary of our small group on 20th street, in NYC. And in time to speak in a group she chaired uptown.

By her example I learned that the building of trust between sponsor and sponsee is the key to a happy, and hopefully successful relationship. I never heard her talk or gossip about others in the fellowship, so I knew she would be discrete and hold in confidence anything I told her about myself and my life. She made herself available to me, gave her opinion when I asked for it and encouraged me in my relationships with my family and friends, as well with the fellow A.A.'s.

As time went on I had other sponsors whose qualities I admired—one taught me to pack my program wherever I went, another taught me no one had a right to dump on me, another that I can detached with an axe, instead of with love; another that what other people thought of me was none of my business.

Later, I have had the experience of being a sponsor to some wonderful women. We work the steps

together, we share our experience, strength and hope with each other—also our defects and growth. We know that we are not responsible for each other's sobriety and recovery, but we do contribute to each other's progress as,

"we *trudge the road to happy destiny" .

As a sponsor I try to live by a quote I found somewhere

"to give another person advice is to intrude, to give myself advice is to grow.

Finally, as a sponsor I do depend on the pamphlet:

Questions and Answers on Sponsorship. that is on the rack in most meetings and ask a new sponsee to read it and discuss it with me, so that we know what to expect of each other.

J.M.L.

** definition of trudge-walk with purpose*

Giving back what was so Freely given to Us..

Have you gone to a meeting lately? Of course you have. Were you asked, "**ARE YOU WILLING TO BE A SPONSOR?**" If so, please raise your hand. Did you? **DON'T ANSWER THAT QUESTION!** I don't think the answer is the problem. It's the question that creates the problem.

In most of the meetings that I've been to, when the question is asked, less than 1/4 of the people in the room raise their hand.

Our primary purpose is to carry the message to the still suffering alcoholic. This question and its' answer are an unnecessary roadblock for the new person. If we can't be a full time sponsor when someone asks us, I know we will be supportive and encouraging until they find the right person.

Let's just return to the "old way of doing things" and eliminate the question. It is my opinion the answer to that question is not the best example of our willingness to "go to any lengths" to stay sober. It is not a good representation of the "spirit of AA."

I have been in the rooms of AA for years. We have seen many changes over those years, but this is the first time I have felt compelled to ask, " why, and, does this serve a good purpose"?

My hope is that we start this conversation in our business meetings. If you agree with me (or not) just attend the business meeting at your home group and ask for some discussion and a vote....it is that simple.

Cathie A.
South Jersey
Space Coast Florida

An Oxford House Resident Shares his Experience and Opinion

Oxford House is a self-run, self-supported recovery house program for individuals recovering from alcoholism and drug addiction.

Oxford Houses assure an alcohol-drug free living environment. They are democratically self-run by the residents who elect officers to serve for terms of six months. In this respect, they are similar to a college fraternity or sorority. However, if a majority of residents believe that any member has relapsed into using alcohol or drugs, that person is immediately expelled. There are no counselors in an Oxford House.

Above is the "definition" of what an Oxford House is and how it is ran ... Now, I am going to share a little of my experience, and opinion.

In the beginning of February of this year I voluntarily placed myself in a psychiatric hospital in Camden County. I partly placed myself there for mental instability of the thought of hurting myself. I'm sure drinking and drugging played a huge part, and because of that, I had no place to go. I had many people who have given me the benefit of doubt, many people who gave me another chance, or numerous chances, and I let them down. They finally gave up on me as I did myself. The bridges had been burned, faith and hope torn away, I did the only thing I could which wasn't originally for me, but for my family, I admitted myself to the hospital.

During my 5 week stay it was suggested that I look into the Oxford House as an option to further my recovery. I have never heard of an Oxford House,. The only description I was given was *"It's a normal house independently ran, just like any other house.* The only difference is you will be drug tested and your roommates are a bunch of drug addicts and drunks." I wanted out of that hospital so badly I nervously accepted.

After Seven weeks of hospitalization I was released and moved into this great recovery house, and let me tell all of you, it was by far one of the best gifts I was ever given.

I moved in on March 25th, extremely nervous, anxiety through the roof. I was an hour away from home, no family to bail me out, didn't know a single soul here, no job, no direction. But all I knew is this is my last shot. *I'm not the biggest fan of the big guy in the sky, but I must admit he was definitely watching over me on this one.* Maybe I don't give him enough credit for the many struggles I've overcome in my life, but all I know is I can only change for the better, as far as staying sober and drug-free I'm trying; one day at a time.

For the first time in my life I wanted to live to see another day, and not for others, but for me. I've never, in all the attempts of getting clean and sober, did it for me. Every time that thought comes into this simple mind of mine, I almost want to tear up, because the thought of how I thought and who I was in the past, compared to today is amazing.

Now I have been asked many questions about the Oxford House. Does the state pay your rent? Is there somebody in the house in charge? What kind of rules do you have? Are you aloud to sleep out/ have people sleep over? Many questions, so I will try and answer some starting off with rent, I wish the state paid my rent! Part of this house is to teach responsibility and keep structure, so yes we pay a certain amount a week, varying on every house. You fill out an application, get interviewed by the house members, and they decide whether your accepted or not, if accept you pay a deposit and 2 weeks rent upfront. We are responsible for feeding ourselves, everyday supplies, household bills, etc. When you first move in, you are committed to do a 30 day probation, which means no sleeping out, no sleepovers, 11 o'clock curfew, and MANY other rules. After your 30 days you're allowed a certain amount of days a week of people staying over or you sleeping out. We are responsible for the upkeep of the house (cleaning interior/exterior of house) most importantly in my opinion is staying drug and alcohol free, and keeping a non-disruptive behavior. If members of the house think your behavior is out of line and/or a burden to the house, an emergency meeting can be held among the members and 80% or more vote you out, you're out!

There is ZERO tolerance for relapse, none, zip NOTTA!!!

Any member suspected of using can hereby be drug tested with at least two other house members present and if dirty this person has 15-20 minutes to leave the house, no excuses. This is extremely important to me simply because it could put me or any other member in the house at risk of relapsing or worse.

Though it's hard to kick a friend out, especially in such short notice, it must be done. I've covered a few questions, hopefully most for some of you, any others are always welcome or could be found on

OxfordHouse.Org.

I'm on my 6 month sobriety mark, and I must give much credit to this house. I think it's amazing in so many different ways, I've been blessed with great supportive friends inside and out of this house. This program and opportunity for a fresh start kept me alive, and I will forever be grateful for this house, the meetings, and each and every one of you.

Sobriety is an amazing gift of strength & hope.

Let's not waste it. Keep coming back,

It works if you work it!

Bill
Oxford Resident

SAVE THE DATE
Nov. 21, 22 & 23
8th Annual ROUND UP

AA-related 'Alconym'

Pride = Personal Recovery Involves Deflating Ego



“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

We often forget that while we enjoy our anniversary celebrations and sobriety count-downs, many outside of our fellowship do not understand the difference between “active” and “recovering” alcoholics.

Having worked in hospitals for thirty-five years, I learned early on that we were permitted to care for the sick, but we were not actually allowed to BE sick. Consequently, I protected my anonymity all that time and only broke it selectively.

Additionally, in New Jersey, many licenses and permits can be affected by breaking our anonymity at the wrong place and time or with the wrong people.

As a resident of a small, dry rural community in South Jersey, I learned that the community generally believes that there are no alcoholics in their midst. Local health fairs generally have very busy Al-Anon tables (everybody has a “friend” with a drinking problem), but the A.A. table only gets busy during change of shift when one alcoholic comes to relieve another (generally from another town). The fact the there are two active A.A. meetings in the town is not well known, however the town, itself, is not a great place to break one’s anonymity.

Speaking of community relations, if I break my anonymity, I can also affect the well-being of my spouse and my children. Kids don’t need another reason to be shunned or bullied today. If I break my anonymity, what effect will it have on them? We often hear someone say, “He’s dead now, so I can break his anonymity.” No, not if you don’t have the permission of all his family members.

Much has been made of the “digital age” with regard to anonymity. The main thing to understand is that social media is designed to monetize contact links. The

more links that can be made, the more money they can make from potential advertisers. There’s nothing wrong with that, but we have to be aware that that’s their “primary purpose.” Consequently, “privacy settings” often appear to change weekly or are very difficult to modify. The end result is that if I break my anonymity online, I can also break yours if you are linked to me.

Ultimately, the whole business of anonymity is best expressed in our Twelfth Tradition: it’s “the SPIRITUAL FOUNDATION of all of our traditions.” Why? Because Bill W. knew that I could be best defined as an egomaniac with an inferiority complex. I REALLY need to be anonymous from ME. Placing “principles before personalities” doesn’t just mean that we have to guard against “personality contests” in our deliberations; it also means that I have to remember that I’m not a special person because of years of sobriety, years of service, or service position. Not only is it the most important Tradition in working with others (note that it links well with the Twelfth Step), but it is one of the main things that keeps me from going out and drinking again.

All of our Steps and Traditions, at the end of the day, are based upon the conflict between ego and humility. If I fail to get this one, I can end up right back at Step One where I need, again, to admit powerlessness. My ego lies just below a thin veneer of recovery; it can pop out in a microsecond if I’m not focusing on this all the time.

That’s the most important part of anonymity for me.

By Dave Mac D

Pamphlets free for the taking...

Questions & Answers on Sponsorship
Page 12

Can any member be a sponsor?

There is no superior class or caste of sponsors in A.A. any member can help the newcomer learn to cope with life without resorting to alcohol in any form.



ANONYMOUS ALCOHOLICS

SPECIAL NOTE:

THE MATERIAL IN THIS NEWSLETTER DOES NOT NECESSARILY REPRESENT CAPE-ATLANTIC INTER-GROUP. MUCH OF IT HAS BEEN CONTRIBUTED BY INDIVIDUAL MEMBERS WITH THE INTENTION OF PASSING THE MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS.

**From Bill's last message...
If I were asked which of our blessings I felt was most responsible for our growth as a fellowship and most vital to our community, I would say, the "Concept of Anonymity."**

Did you know?
By the time Bill Wilson left the Oxford Group, which had used stronger Christian language, he already had a sense of needing to acknowledge that some alcoholics were atheists and agnostics and the need for religious inclusiveness if AA were to reach any problem drinker. Remember, he is the one who wrote the “Chapter to the Agnostic” in The Big Book."

Panel members and E-Mails:

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Go to our website:
www.caigrp.org

Upcoming Events



END OF SUMMER BARBEQUE
 SUNDAY, SEPT. 7th
 1pm -> 4pm
 District 15
Free bring a dish if you can

Stanley H. "Tips"
 Seaman County Park
 120 Lakeside Drive
 Tuckerton, NJ 08087



Unity Breakfast
 September 21, 2014
 Registration Required
 \$26.00/all you can eat
 Speaker Meeting
 Flyers on-line

Breakfast held 5th Floor Ballroom
 The Grand Hotel
 1045 Beach Ave.
 Cape May, NJ 08204



8TH Annual Waves of Sobriety
 November 21-23, 2014
 Registration Required
 Flyers on-line
 Doors open 3pm

The Grand Hotel
 1045 Beach Ave.
 Cape May, NJ 08204

Pass It On

Help Wanted @ The CAIG

Cape Atlantic Inter Group Office
 3153 Fire Road
 Egg Harbor Township, NJ 08234

ROUND UP*
 We are looking for volunteers.
 Committee meet on the 4th
 Wednesday monthly @ 7pm
 Contact: Vinnie
roundup@caigrp.org

UNITY COMMITTEE*
 Meets 2nd Wednesday monthly @ 6pm
 If you would to participate Contact: Jerusha
unitychair@caigrp.org

***All committees meetings are held at the:**
**CAPE ATLANTIC INTER-GROUP
 OFFICE**
 3153 Fire Road
 Egg Harbor Town Twp., NJ

CAYPAA*
 (for the young people in recovery)
 Committee meet 1st Saturday monthly 10am
 If you would like to help us plan our summer
 Events. Contact: Ian
caypaa@caigrp.org

**Our office is volunteer-staffed
 Please call first: 609-641-8855**

Help Wanted! Looking for volunteers to fill the following positions:
Bookers Committee Chairperson
 Interested? Contact CAIG Chair John H. at 609-377-2410



12th Step Work Opportunities