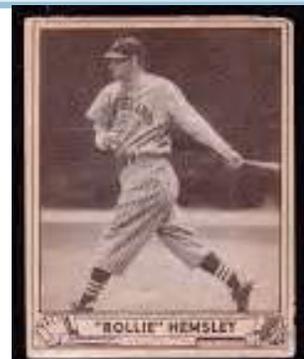




A Look Back In Time

A sober Rolly H. catches the only opening day no-hitter in baseball history since 1909. In his book "Now Pitching, Bob Feller: A Baseball Memoir", on pg. 73 it says, "But I've always had enormous respect for Rollie Hemsley because he did something that the rest of us might not have been strong enough to do. Cy Slapnicka (Indians' General Manager) convinced Rolly to join Alcoholics Anonymous after he got off to such a rocky start with us in 1938. As an incentive, Slap gave a large diamond ring to Rolly's daughter, the person who meant more to him than anyone else in the world. It worked. Rollie took the pledge. He drank about a case of Cokes a day for a while because he needed that **sugar** that he wasn't getting from booze any more, but he never went back to the hard stuff."



Rollie had once been called "Rollicking Rolly," during his drinking days. He had set fire to a car, raised hell on trains, caught a ball dropped from Cleveland's Terminal Tower when drunk (and did it again sober), and was on the way out of the big leagues when he finally received help. Dr. Bob called John R. in April 1939 and said: You're the only one around here who knows anything about baseball. Do you know a player named Rolly Hemsley? John replied: **"Yes, sure I do. He's a catcher for the Cleveland team."** Dr. Bob said: "Well, someone brought him down here, and we've got him over at the hospital. You come up and talk to him."

They had put him in the hospital under a false name which reportedly made a sportswriter at the Beacon-Journal very angry that Dr. Bob wouldn't reveal it. When Rolly was released from the hospital he joined the Oxford Group in Akron. When the Akron A.A.s left the Oxford Group, Rolly stayed with the Oxford Group for a time, but then joined the A.A. group in Cleveland.

So when the story of his alcoholism broke in 1940, credit for his recovery was given to the Oxford Group. Then Rolly broke his silence for the first time, and gave the credit for his sobriety to Alcoholics Anonymous. This caused some concern among AA's, but Rolly could hardly be blamed, and the story of his recovery in A.A. brought many new recruits.

The first story about A.A. that appeared in the Cleveland Plain Dealer; "a former big league ball player who is a recruiting officer ..." Rolly explained the difference between the Oxford Group and A.A. like this:

"You know, if someone gave me tips about baseball and I found out he never played, I wouldn't pay much attention to him. It's the same thing with alcohol."

In the Dr. Bob collection at Brown University is a 1948 Cleveland Indians World Series baseball, signed by player and A.A. member Rolly Hemsley and his teammates. If anyone plans a trip to Bill's house, you could swing by Brown University in Providence, Rhode Island and visit this memorial on the way to his house.

Rolly died July 31, 1972, in Washington, DC, sober.

My Sponsor told me....

Birdy, said to me one day about making a decision, no matter how much I feared making bad decisions, I could not learn how to make good decisions except by making decisions. 'You'll make mistakes,' she said, 'we all do. You will make some bad decisions before you learn how to make good ones. But what is true about good decisions is also true about bad ones: "You will always learn from the consequences."

Tell us what your sponsor told you

***"We have found much of heaven
and we have been rocketed into a Fourth Dimension
of existence of which we had not even dreamed."***

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

PO Box 905
3153 Fire Road
Egg Harbor Township, NJ
08234
(609) 641-8855

How Intergroup "Carries the Message"

There's been a lot of talk recently about 7th Tradition monies falling off somewhat. It's helpful to know that a portion of what each A.A. Group collects normally, and depending on group conscience, goes to support the Cape Atlantic Intergroup. Intergroup supports A.A.'s primary purpose (to carry the message to alcoholics who still suffer from this disease) in a variety of ways.

Here are some of the ways Intergroup carries out its service:

- ⇒ Website for easy access to events and meetings
- ⇒ Easy access to literature
- ⇒ Meeting lists
- ⇒ Phone Answering service
- ⇒ Hospitals and institutions to carry the message into institutions
- ⇒ Public Information and outreach
- ⇒ Newsletter
- ⇒ Social/Unity events to show we can have fun and remain sober
- ⇒ Archives collect, organized group histories, etc...

These services would not be possible without Intergroup and / or the support from all AA groups.

Thanks to everyone for being a part of these efforts.



The 2015 International Convention 80 Years - Happy Joyous and Free.



Held every five years since 1950, International Conventions have been hosted in numerous United States and Canadian cities with cultures and personalities as varied as the alcoholics who travel to them for the celebration. In Atlanta many will celebrate not only their own sobriety and newfound lives, but also their ability to pass on this miracle — the message of recovery — to another suffering drunk.

The theme of the 2015 International Convention, held in Atlantic, Georgia **"80 Years — Happy, Joyous and Free,"** draws attention to the many benefits of sobriety and those present in Atlanta over the first weekend in July will greet one another in gratitude as carriers of hope, good news and a simple solution for their alcohol problem. Varied meeting topics will excite many A.A.s who look forward to hearing the experience of members from other locales, and as Convention-goers partake in the many meetings and workshops scheduled for the weekend, more than a few will find their imaginations fired and their enthusiasm for carrying A.A.'s message renewed.

So, come and celebrate 80 years of Alcoholics Anonymous! See for yourself the incredible growth we have experienced as A.A. has traveled literally around the globe, drawing alcoholics of all shapes, sizes and descriptions out of the darkness and into the light of sobriety. As it says in the Big Book,

*"We are people who normally would not mix.
But there exists among us a fellowship,
a friendliness, and an understanding
which is indescribably wonderful...."*

Call it planning — not projection — July 2015,
www.aa.org, and click on **2015 International Convention.**

The story about Grace in the Jan/Feb newsletter reminds me of my beginnings in Alcoholics Anonymous. I too was a flight attendant clueless to the disease I suffered from—alcoholism. The glamour, the travel, the cities, the hotels, the early morning reports with a hangover, the double life, the pain and despair. Waking in the morning disappointed I hadn't died in the night. It all looked good until it didn't anymore. This is how I came to Alcoholics Anonymous, with a lot of "nevers" but dying on the inside.

The pain was so great that I came to you all with a willingness to do whatever the members of AA told me to do. This was very different from the woman who loathed even suggestions. I credit my sobriety with that simple gift, one of the three words of the acronym HOW—honest, open mindedness and willingness.

The willingness came first. I had tried many ways to not drink. I remember a co-worker saying when I asked if she was going to go out at the end of our trip, "I don't drink". I thought to myself, I wish I could say that. I couldn't do it on my own, but I could if I was willing to do what you people asked of me.

I guess open mindedness came with the willingness, I had to let go of my old ideas 'cause they certainly hadn't worked. *I love page 31 of the Big Book, that talks about the methods we have tried. I think I tried all of them.*

Honesty has been a process, the longer I am sober working the program of Alcoholics Anonymous laid out in the book, I get to see myself, all of me. Only then can I be willing to ask God to relieve me of these defects of character.

I loved the part of the Grace's story about Gate 12. It reaffirms that we AA's are everywhere, all we have to do is ask for help and the help comes.

Continue page 3

**AA-related 'Alconym' . . .
S T E P S = Solutions To Every Problem in Sobriety**



H

ow can I describe this fellowship that has taken me on a journey that I could not in my wildest dreams ever imagined would be so amazingly filled with treasures!

When I came to AA all I wanted to do is stop drinking and more than that I wanted the pain to go away. It went so deep and so dark, I didn't want anyone to know what *a terrible person* I was and how bad it hurt. *Alcohol was my solution, it worked, but it wasn't working anymore!*

So here I was at your mercy, I didn't trust a soul, you opened your doors, your hearts, your arms and loved the unlovable me (so I thought)!

It kept me coming back and I learned to love myself thru working these beautiful 12 steps! I am free today! I have a loving God that A.A. helped me find , he was right here inside of me always!!! I just lost my way, my soul, my faith, but now I am found.

Sobriety has taught me to be of service, and asking myself who am I helping today? Am I sponsoring someone? Am I giving back? If not why?

It tells me in the Big Book that *"Nothing can insure us immunity from alcohol but one Alcoholic working with another Alcoholic!* God & AA! I am so blessed!

By the way you get lots of treasure from working the steps!! I am celebrating 31 years and you can get well but you never get cured but you have to keep growing!

Each day I try to move a little closer to my Higher Power because my disease does not rest so

n e i t h e r c a n m y r e c o v e r y !
I am Free Today

Anonymous

Rarely have we seen a person fail who has thoroughly followed our path.

Pamphlets are Free for the taking :
Alcoholics Anonymous In your Community
How does A.A. work?
A.A. can be described as a method of treating alcoholism in which the members are supportive of each other, sharing with each other a large body of similar experiences in suffering and recovering from alcoholism.

Continue from page 2
I have moved many times in my sobriety. One of the things I heard early in sobriety was when you move you connect with AA right away. I also heard the stories of those who did not and the consequences there of, not pretty. It would be thirteen years later when I would make my first move and I was willing to do what was suggested. I move to a new city, I go to a meeting, I get active and voila, I have an instant family. It has never failed me. Who else has that but we of Alcoholics Anonymous?
K

As Bill Sees It
"The idea of 'twenty-four-hour living' applies mostly to the emotional life of the individual. Emotionally speaking, we must **not** live in yesterday, nor in tomorrow."
Page 284



- Some Typical Misconceptions**
Here is a list of some things that A.A. is not and does not...
- | | |
|--|--|
| IS NOT a religious movement | DOES NOT solicit or accept funds from outside sources; voluntary contributions from members and groups support A.A. services |
| IS NOT a temperance movement | DOES NOT run hospitals, rest homes, clubhouses, or any outside enterprises |
| IS NOT a social service organization (it has no paid social workers or professional field workers) | DOES NOT prescribe treatment for alcoholics |
| IS NOT an educational agency | DOES NOT pay for treatment of alcoholics |
| IS NOT a cure or "cure-all" | |
| IS NOT an employment agency | |

The sole purpose of A.A. is to help the alcoholic who wants to stop drinking and stay stopped.

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 on to the *alcoholic who still suffers.*

Did you know?
Did you know, before the Big Book was published, the early members of AA studied the Bible?
In fact, one of the possible names for AA then was, "*The James Club*" after the Book of James from the Bible. Alcoholics Anonymous . . . experience the history . . . "You can find the foregoing remarks in A.A.'s *DR. Bob and the Good Old-timers*, in pamphlets published by Akron AA, and in several talks given through the years by Dr. Bob himself. And it was even his co-founder friend Bill Wilson who spoke of the studies of James, the Sermon, and Corinthians; the reading of these passages by Dr. Bob's wife Anne to Bill and Bob; and the fact that—as Bill put it—"James was our favorite." And he added that many favored calling the A.A. fellowship "*The James Club.*"



UPCOMING A.A. EVENTS

Panel members and E-Mails:

Chairperson: John H.
 Chairperson@caigrp.org

Vice Chair: Ken T.
 ViceChair@caigrp.org

Treasurer: PJ W.
 Treasurer@caigrp.org

Assistant Treasurer: Alex H.
 AssistantTreasurer@caigrp.org

Recording Secretary: Jenna W
 RecordingSec@caigrp.org

Corresponding Secretary: Tina R.
 CorrespondingSec@caigrp.org

Trustee Chair : Jim B.
 Trustee@caigrp.org

Archives Committee: Steve G.
 Archives@caigrp.org

Bookers Committee: **VACANT**
 Bookers@caigrp.org

Budget & Finance: Doug G.
 Budget@caigrp.org

Hospitality: Davi K.
 Hospitality@caigrp.org

H&I Committee: George W.
 HIChair@caigrp.org

Literature Committee: Chris S
 Literature@caigrp.org

Newsletter Committee: Donna S.
 Newsletter@caigrp.org

Office Coordinator: Vinnie K.
 OfficeMgr@caigrp.org

Phone Coordinator: Tressa W.
 Phone@caigrp.org

Policy Committee: Joe O
 PolicyCommittee@caigrp.org

PIC/PC Committee: Kimberly R.
 PICChair@caigrp.org

Roundup Committee: Jen R.
 Roundup@caigrp.org

Unity Committee: Jerusha M.
 UnityChair@caigrp.org

Website Committee: **VACANT**
 WebChair@caigrp.org

CAYPAA: **VACANT**
 YoungPeople@caigrp.org

VISIT OUR WEBSITE:

www.caigrp.org



**Pleasantville Group 45 years
 Of Continuous Sobriety**
 March 8th
 10am/Speaker

St. Gianna's Church
 1421 New Road
 Northfield, NJ

Crowne Plaza
 51st Convention of Area 45
 There Is No Middle of the Road
 March 20th 21st & 22nd 2015

2349 W. Marlton Pike
 (Route 70),
 Cherry Hill, NJ 08002

24th Mini-Conference
 Saturday, March 29
 8:30am Registration
 Conference begins at 9am
 Free lunch and free breakfast

St. Charles Borromeo Church
 176 Stagecoach Rd.
 Sicklerville, NJ

District 14 Unity Event
 April 18, 6pm Dinner/Dance
 7:30 Meeting
 \$8.00 in advance/ \$10.00 at the door

Trinity Episcopal Church
 800 E. Wood Street
 Vineland, NJ

NEW MEETINGS

Tuesday 5:30 PM: Stafford Community Center, 775 Delaware Ave., Manahawkin
 Wednesday 6:00 PM: "Midweek Love and Service" Hope All Day, 600 S. Odessa, Egg Harbor City
 Thursday 5:30 PM: Stafford Community Center, 775 Delaware Ave., Manahawkin
 Friday 7:00 PM: "Friday Beginners" Hope All Day, 600 S. Odessa, Egg Harbor City
 Friday 8:00 PM: "Friday Night Power Hour" (MYP) St. Mary's of the Pines, Manahawkin

MEETING CHANGES & ANNOUNCEMENTS

Monday night 7pm Leader Group Meeting will be cancelled after 1/12/2015...
 Thursday night 7:30 is still on.
 Manahawkin Monday Night Into Action AA Group(8pm) is now cancelled.
 Thursday Clam Diggers in Beach Haven now meets at 7pm(not 8)
 Wednesday 10am Primary Purpose in Cape May Courthouse is CXLD

Birthday Contribution Envelopes (FR-5) have a new design, and a sample is enclosed with this issue.

A convenient way for groups or members who wish to contribute to G.S.O. on their A.A. birthday. No charge, get them from your literature rep....great way to give back what was so freely given.

Editor's note:

I was given one of these envelopes on my 1 year sober birthday (1987)and told (suggestion)
 I was to send in a dollar and every year there after as a sign of gratitude for being sober.
I take suggestions, and I'm still sober.



Help Wanted

All committees meetings are held at the:
CAPE ATLANTIC INTER-GROUP OFFICE
 3153 Fire Road
 Egg Harbor Town Twp., NJ
 Our office is volunteer-staffed Please call first:
 609-641-8855

*Do you have a story
 you would like to share?
 Send an email to:
 newsletter@caigrp.org*

Pass It On

